

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Fiber, total dietary (g)

Food Groups: Vegetables and Vegetable Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: October 31, 2015 12:23 EDT

NDB_No	Description	Fiber, total dietary(g) Value Per
11988	Fungi, Cloud ears, dried	70.10
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	36.70
11625	Parsley, freeze-dried	32.70
11962	Peppers, hot chile, sun-dried	28.70
11982	Peppers, pasilla, dried	26.80
11615	Chives, freeze-dried	26.20
11432	Radishes, oriental, dried	23.90
11683	Carrot, dehydrated	23.60
11978	Peppers, ancho, dried	21.60
11931	Peppers, sweet, red, freeze-dried	21.30
11634	Peppers, sweet, green, freeze-dried	21.30
11640	Shallots, freeze-dried	15.70
11955	Tomatoes, sun-dried	12.30
11268	Mushrooms, shiitake, dried	11.50
11974	Grape leaves, raw	11.00
11985	Fireweed, leaves, raw	10.60
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	10.40
11975	Grape leaves, canned	9.90
11237	Kanpyo, (dried gourd strips)	9.80
11284	Onions, dehydrated flakes	9.20
11386	Potatoes, scalloped, dry mix, unprepared	8.60
11426	Pumpkin pie mix, canned	8.30
11830	Potatoes, baked, skin only, with salt	7.90
11364	Potatoes, baked, skin, without salt	7.90
11990	Wasabi, root, raw	7.80
11973	Beans, fava, in pod, raw	7.50
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	7.10
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	6.60

NDB_No	Description	Fiber, total dietary(g) Value Per
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	6.60
43406	Yeast extract spread	6.50
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	6.40
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	6.40
11039	Lima beans, immature seeds, frozen, baby, unprepared	6.00
11413	Potato flour	5.90
11956	Tomatoes, sun-dried, packed in oil, drained	5.80
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	5.70
11048	Beans, pinto, immature seeds, frozen, unprepared	5.70
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	5.70
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	5.70
11304	Peas, green, raw	5.70
11836	Potatoes, microwaved, cooked, in skin, skin with salt	5.50
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	5.50
11811	Peas, green, cooked, boiled, drained, with salt	5.50
11369	Potatoes, microwaved, cooked in skin, skin, without salt	5.50
11305	Peas, green, cooked, boiled, drained, without salt	5.50
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	5.40
11007	Artichokes, (globe or french), raw	5.40
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	5.40
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	5.40
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	5.30
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	5.30
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	5.30
11505	Sweet potato leaves, raw	5.30
11212	Edamame, frozen, prepared	5.20
11878	Taro, cooked, with salt	5.10
11344	Pigeonpeas, immature seeds, raw	5.10
11519	Taro, cooked, without salt	5.10
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	5.00
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	5.00
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	5.00
11191	Cowpeas (blackeyes), immature seeds, raw	5.00
11031	Lima beans, immature seeds, raw	4.90
11490	Squash, winter, hubbard, baked, without salt	4.90
11254	Lotus root, raw	4.90

NDB_No	Description	Fiber, total dietary(g) Value Per
11868	Squash, winter, hubbard, baked, with salt	4.90
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	4.90
11298	Parsnips, raw	4.90
11603	Yambean (jicama), raw	4.90
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	4.80
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	4.80
11211	Edamame, frozen, unprepared	4.80
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	4.60
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	4.60
11312	Peas, green, frozen, unprepared	4.50
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	4.50
11814	Peas, green, frozen, cooked, boiled, drained, with salt	4.50
11313	Peas, green, frozen, cooked, boiled, drained, without salt	4.50
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	4.50
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	4.40
11483	Squash, winter, acorn, cooked, baked, without salt	4.40
11864	Squash, winter, acorn, cooked, baked, with salt	4.40
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	4.40
11853	Soybeans, green, cooked, boiled, drained, with salt	4.20
11450	Soybeans, green, raw	4.20
11787	Drumstick pods, cooked, boiled, drained, with salt	4.20
11451	Soybeans, green, cooked, boiled, drained, without salt	4.20
11621	Drumstick pods, cooked, boiled, drained, without salt	4.20
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	4.20
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	4.20
11088	Broadbeans, immature seeds, raw	4.20
11813	Peas, green, canned, no salt added, drained solids	4.10
11601	Yam, raw	4.10
11518	Taro, raw	4.10
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	4.10
11546	Tomato products, canned, paste, without salt added	4.10
11384	Potatoes, au gratin, dry mix, unprepared	4.10
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	4.10
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	4.10
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	4.10
11501	Succotash, (corn and limas), frozen, unprepared	4.00

NDB_No	Description	Fiber, total dietary(g) Value Per
11161	Collards, raw	4.00
11808	Parsnips, cooked, boiled, drained, with salt	4.00
11768	Collards, cooked, boiled, drained, with salt	4.00
11583	Vegetables, mixed, frozen, unprepared	4.00
11162	Collards, cooked, boiled, drained, without salt	4.00
11152	Chicory greens, raw	4.00
11897	Yam, cooked, boiled, drained, or baked, with salt	3.90
11602	Yam, cooked, boiled, drained, or baked, without salt	3.90
11009	Artichokes, (globe or french), frozen, unprepared	3.90
11489	Squash, winter, hubbard, raw	3.90
11579	Vegetables, mixed, canned, solids and liquids	3.80
11100	Brussels sprouts, frozen, unprepared	3.80
11239	Mushrooms, Chanterelle, raw	3.80
11984	Epazote, raw	3.80
11098	Brussels sprouts, raw	3.80
11563	Tree fern, cooked, without salt	3.70
11520	Taro leaves, raw	3.70
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	3.70
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.70
11086	Beet greens, raw	3.70
11977	Peppers, serrano, raw	3.70
11928	Tree fern, cooked, with salt	3.70
11241	Kohlrabi, raw	3.60
11299	Parsnips, cooked, boiled, drained, without salt	3.60
11163	Collards, frozen, chopped, unprepared	3.60
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	3.60
11267	Mushrooms, shiitake, stir-fried	3.60
11233	Kale, raw	3.60
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	3.60
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	3.60
11667	Seaweed, spirulina, dried	3.60
11326	Peas and onions, frozen, unprepared	3.50
11207	Dandelion greens, raw	3.50
11891	Turnip greens, cooked, boiled, drained, with salt	3.50
11569	Turnip greens, cooked, boiled, drained, without salt	3.50
11976	Pepper, banana, raw	3.40

NDB_No	Description	Fiber, total dietary(g) Value Per
11322	Peas and carrots, frozen, unprepared	3.40
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	3.40
11722	Beans, snap, yellow, raw	3.40
11062	Beans, snap, green, frozen, all styles, microwaved	3.40
11063	Beans, snap, green, microwaved	3.40
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	3.40
11050	Beans, shellie, canned, solids and liquids	3.40
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	3.40
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	3.30
11197	Cowpeas, young pods with seeds, raw	3.30
31015	PACE, Diced Green Chilies	3.30
11437	Salsify, (vegetable oyster), raw	3.30
11967	Cauliflower, green, cooked, no salt added	3.30
11306	Peas, green, canned, regular pack, solids and liquids	3.30
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	3.30
11875	Sweet potato, cooked, baked in skin, flesh, with salt	3.30
11742	Broccoli, cooked, boiled, drained, with salt	3.30
11297	Parsley, fresh	3.30
11760	Carrots, frozen, cooked, boiled, drained, with salt	3.30
11968	Cauliflower, green, cooked, with salt	3.30
11508	Sweet potato, cooked, baked in skin, flesh, without salt	3.30
11091	Broccoli, cooked, boiled, drained, without salt	3.30
11130	Carrots, frozen, unprepared	3.30
11366	Potatoes, boiled, cooked in skin, skin, without salt	3.30
11224	Hyacinth-beans, immature seeds, raw	3.30
11816	Peas and carrots, canned, no salt added, solids and liquids	3.30
11832	Potatoes, boiled, cooked in skin, skin, with salt	3.30
11812	Peas, green, canned, no salt added, solids and liquids	3.30
31014	PACE, Jalapenos Nacho Sliced Peppers	3.30
11672	Potato pancakes	3.30
11131	Carrots, frozen, cooked, boiled, drained, without salt	3.30
11272	Mustard greens, frozen, unprepared	3.30
11104	Burdock root, raw	3.30
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	3.20
11486	Squash, winter, butternut, cooked, baked, without salt	3.20
11866	Squash, winter, butternut, cooked, baked, with salt	3.20

NDB_No	Description	Fiber, total dietary(g) Value Per
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	3.20
11270	Mustard greens, raw	3.20
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	3.20
11620	Drumstick pods, raw	3.20
11053	Beans, snap, green, cooked, boiled, drained, without salt	3.20
11568	Turnip greens, raw	3.20
11723	Beans, snap, green, cooked, boiled, drained, with salt	3.20
11958	Pickle relish, hamburger	3.20
11278	Okra, raw	3.20
11677	Shallots, raw	3.20
11370	Potatoes, hash brown, home-prepared	3.20
11965	Cauliflower, green, raw	3.20
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	3.20
11302	Peas, edible-podded, frozen, unprepared	3.10
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	3.10
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	3.10
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	3.10
11957	Fennel, bulb, raw	3.10
43143	Cabbage, japanese style, fresh, pickled	3.10
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	3.10
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	3.10
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	3.10
11438	Salsify, cooked, boiled, drained, without salt	3.10
11213	Endive, raw	3.10
11255	Lotus root, cooked, boiled, drained, without salt	3.10
11151	Chicory, witloof, raw	3.10
43144	Cabbage, mustard, salted	3.10
11114	Cabbage, savoy, raw	3.10
11796	Lotus root, cooked, boiled, drained, with salt	3.10
11852	Salsify, cooked, boiled, drained, with salt	3.10
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	3.10
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	3.00
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	3.00
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	3.00
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	3.00
11507	Sweet potato, raw, unprepared	3.00

NDB_No	Description	Fiber, total dietary(g) Value Per
11209	Eggplant, raw	3.00
11581	Vegetables, mixed, canned, drained solids	3.00
11647	Sweet potato, canned, syrup pack, drained solids	3.00
11094	Broccoli, frozen, spears, unprepared	3.00
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	3.00
11757	Carrots, cooked, boiled, drained, with salt	3.00
11125	Carrots, cooked, boiled, drained, without salt	3.00
11588	Waterchestnuts, chinese, (matai), raw	3.00
11497	Succotash, (corn and limas), canned, with cream style corn	3.00
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	3.00
11698	Chrysanthemum leaves, raw	3.00
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	3.00
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	3.00
11092	Broccoli, frozen, chopped, unprepared	3.00
11157	Chrysanthemum, garland, raw	3.00
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	3.00
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	2.90
11782	Dandelion greens, cooked, boiled, drained, with salt	2.90
11616	Dock, raw	2.90
11846	Pumpkin, canned, with salt	2.90
11960	Carrots, baby, raw	2.90
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	2.90
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	2.90
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	2.90
11593	Waxgourd, (chinese preserving melon), raw	2.90
11087	Beet greens, cooked, boiled, drained, without salt	2.90
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	2.90
11424	Pumpkin, canned, without salt	2.90
11736	Beet greens, cooked, boiled, drained, with salt	2.90
11439	Sauerkraut, canned, solids and liquids	2.90
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	2.90
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	2.90
11463	Spinach, frozen, chopped or leaf, unprepared	2.90
11208	Dandelion greens, cooked, boiled, drained, without salt	2.90
11766	Chayote, fruit, cooked, boiled, drained, with salt	2.80
11979	Peppers, jalapeno, raw	2.80

NDB_No	Description	Fiber, total dietary(g) Value Per
11080	Beets, raw	2.80
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	2.80
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	2.80
11115	Cabbage, savoy, cooked, boiled, drained, without salt	2.80
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	2.80
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	2.80
11863	Squash, winter, all varieties, cooked, baked, with salt	2.80
11124	Carrots, raw	2.80
11150	Chayote, fruit, cooked, boiled, drained, without salt	2.80
11097	Broccoli raab, cooked	2.80
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	2.80
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	2.80
11024	Balsam-pear (bitter melon), pods, raw	2.80
11274	Mustard spinach, (tendergreen), raw	2.80
11753	Cabbage, savoy, cooked, boiled, drained, with salt	2.80
11301	Peas, edible-podded, boiled, drained, without salt	2.80
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	2.80
11165	Coriander (cilantro) leaves, raw	2.80
11240	Mushrooms, morel, raw	2.80
11644	Squash, winter, all varieties, cooked, baked, without salt	2.80
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	2.80
11214	Escarole, cooked, boiled, drained, no salt added	2.80
11809	Peas, edible-podded, cooked, boiled, drained, with salt	2.80
11730	Beans, snap, yellow, frozen, all styles, unprepared	2.80
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	2.80
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	2.80
11901	Corn, sweet, white, cooked, boiled, drained, without salt	2.70
11096	Broccoli raab, raw	2.70
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	2.70
11993	Mushrooms, maitake, raw	2.70
11950	Mushrooms, enoki, raw	2.70
11052	Beans, snap, green, raw	2.70
11902	Corn, sweet, white, cooked, boiled, drained, with salt	2.70
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	2.70
11900	Corn, sweet, white, raw	2.70
11419	Pumpkin leaves, cooked, boiled, drained, without salt	2.70

NDB_No	Description	Fiber, total dietary(g) Value Per
11848	Pumpkin leaves, cooked, boiled, drained, with salt	2.70
11099	Brussels sprouts, cooked, boiled, drained, without salt	2.60
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	2.60
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	2.60
31034	Peppers, hot pickled, canned	2.60
11090	Broccoli, raw	2.60
11752	Cabbage, red, cooked, boiled, drained, with salt	2.60
11745	Brussels sprouts, cooked, boiled, drained, with salt	2.60
11300	Peas, edible-podded, raw	2.60
11113	Cabbage, red, cooked, boiled, drained, without salt	2.60
11182	Corn, yellow, whole kernel, frozen, microwaved	2.60
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	2.60
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	2.60
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	2.60
11632	Peppers, jalapeno, canned, solids and liquids	2.60
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	2.60
11060	Beans, snap, green, frozen, all styles, unprepared	2.60
31033	Ginger root, pickled, canned, with artificial sweetener	2.60
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	2.60
11291	Onions, spring or scallions (includes tops and bulb), raw	2.60
11803	Okra, cooked, boiled, drained, with salt	2.50
43146	Eggplant, pickled	2.50
11279	Okra, cooked, boiled, drained, without salt	2.50
11645	Sweet potato, canned, syrup pack, solids and liquids	2.50
11238	Mushrooms, shiitake, raw	2.50
11605	Beets, harvard, canned, solids and liquids	2.50
11989	Mushrooms, straw, canned, drained solids	2.50
11258	Mountain yam, hawaii, raw	2.50
11362	Potatoes, raw, skin	2.50
11783	Eggplant, cooked, boiled, drained, with salt	2.50
11574	Turnip greens, frozen, unprepared	2.50
11156	Chives, raw	2.50
11109	Cabbage, raw	2.50
11210	Eggplant, cooked, boiled, drained, without salt	2.50
11876	Sweet potato, cooked, boiled, without skin, with salt	2.50
11969	Broccoli, chinese, cooked	2.50

NDB_No	Description	Fiber, total dietary(g) Value Per
11510	Sweet potato, cooked, boiled, without skin	2.50
11590	Waterchestnuts, chinese, canned, solids and liquids	2.50
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	2.40
11576	Turnip greens and turnips, frozen, unprepared	2.40
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	2.40
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	2.40
11854	Spinach, cooked, boiled, drained, with salt	2.40
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	2.40
11264	Mushrooms, canned, drained solids	2.40
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	2.40
31029	Potatoes, french fried, wedge cut, frozen, unprepared	2.40
11461	Spinach, canned, regular pack, drained solids	2.40
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	2.40
11961	Hearts of palm, canned	2.40
43311	Potatoes, canned, drained solids, no salt added	2.40
11354	Potatoes, white, flesh and skin, raw	2.40
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	2.40
11458	Spinach, cooked, boiled, drained, without salt	2.40
11740	Broccoli, flower clusters, raw	2.30
31031	Potatoes, french fried, cross cut, frozen, unprepared	2.30
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	2.30
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	2.30
11137	Cauliflower, frozen, unprepared	2.30
11905	Corn, sweet, white, canned, whole kernel, drained solids	2.30
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	2.30
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	2.30
11376	Potatoes, canned, drained solids	2.30
11398	Potato puffs, frozen, unprepared	2.30
11356	Potatoes, Russet, flesh and skin, baked	2.30
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	2.30
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	2.30
11987	Mushrooms, oyster, raw	2.30
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	2.30
11435	Rutabagas, raw	2.30
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	2.30
11761	Cauliflower, cooked, boiled, drained, with salt	2.30

NDB_No	Description	Fiber, total dietary(g) Value Per
11324	Peas and onions, canned, solids and liquids	2.30
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	2.30
11136	Cauliflower, cooked, boiled, drained, without salt	2.30
11555	Tomato products, canned, sauce, with herbs and cheese	2.20
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	2.20
43142	Radishes, hawaiian style, pickled	2.20
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	2.20
11797	Mushrooms, white, cooked, boiled, drained, with salt	2.20
11026	Bamboo shoots, raw	2.20
11674	Potatoes, baked, flesh and skin, without salt	2.20
11963	Nopales, raw	2.20
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	2.20
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	2.20
11280	Okra, frozen, unprepared	2.20
11828	Potatoes, baked, flesh and skin, with salt	2.20
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	2.20
11457	Spinach, raw	2.20
11243	Mushrooms, portabella, grilled	2.20
11855	Spinach, canned, no salt added, solids and liquids	2.20
11261	Mushrooms, white, cooked, boiled, drained, without salt	2.20
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	2.20
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	2.20
11269	Mushrooms, shiitake, cooked, without salt	2.10
11245	Lambsquarters, cooked, boiled, drained, without salt	2.10
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	2.10
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	2.10
11352	Potatoes, flesh and skin, raw	2.10
11215	Garlic, raw	2.10
11112	Cabbage, red, raw	2.10
11794	Lambsquarters, cooked, boiled, drained, with salt	2.10
11986	Malabar spinach, cooked	2.10
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	2.10
11821	Peppers, sweet, red, raw	2.10
11659	Sweet potato, cooked, candied, home-prepared	2.10
11251	Lettuce, cos or romaine, raw	2.10
11804	Okra, frozen, cooked, boiled, drained, with salt	2.10

NDB_No	Description	Fiber, total dietary(g) Value Per
11011	Asparagus, raw	2.10
11798	Mushrooms, shiitake, cooked, with salt	2.10
11765	Chard, swiss, cooked, boiled, drained, with salt	2.10
11357	Potatoes, white, flesh and skin, baked	2.10
11148	Chard, swiss, cooked, boiled, drained, without salt	2.10
11281	Okra, frozen, cooked, boiled, drained, without salt	2.10
11503	Swamp cabbage, (skunk cabbage), raw	2.10
11222	Drumstick leaves, raw	2.00
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	2.00
11167	Corn, sweet, yellow, raw	2.00
11833	Potatoes, boiled, cooked without skin, flesh, with salt	2.00
11734	Beets, cooked, boiled. drained, with salt	2.00
11908	Corn, sweet, white, canned, vacuum pack, regular pack	2.00
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	2.00
11235	Kale, frozen, unprepared	2.00
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	2.00
11889	Turnips, cooked, boiled, drained, with salt	2.00
11232	Jute, potherb, cooked, boiled, drained, without salt	2.00
11567	Turnips, frozen, cooked, boiled, drained, without salt	2.00
11790	Kale, cooked, boiled, drained, with salt	2.00
11223	Drumstick leaves, cooked, boiled, drained, without salt	2.00
11786	Drumstick leaves, cooked, boiled, drained, with salt	2.00
11081	Beets, cooked, boiled, drained	2.00
11521	Taro leaves, cooked, steamed, without salt	2.00
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	2.00
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	2.00
11216	Ginger root, raw	2.00
11831	Potatoes, boiled, cooked in skin, flesh, with salt	2.00
11909	Corn, sweet, white, canned, vacuum pack, no salt added	2.00
11236	Kale, frozen, cooked, boiled, drained, without salt	2.00
11890	Turnips, frozen, cooked, boiled, drained, with salt	2.00
11964	Nopales, cooked, without salt	2.00
11791	Kale, frozen, cooked, boiled, drained, with salt	2.00
11135	Cauliflower, raw	2.00
11271	Mustard greens, cooked, boiled, drained, without salt	2.00
11565	Turnips, cooked, boiled, drained, without salt	2.00

NDB_No	Description	Fiber, total dietary(g) Value Per
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	2.00
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	2.00
11879	Taro, leaves, cooked, steamed, with salt	2.00
11705	Asparagus, cooked, boiled, drained, with salt	2.00
11399	Potato puffs, frozen, oven-heated	2.00
11012	Asparagus, cooked, boiled, drained	2.00
11799	Mustard greens, cooked, boiled, drained, with salt	2.00
11318	Peas and carrots, canned, regular pack, solids and liquids	2.00
11025	Balsam-pear (bitter melon), pods, cooked, boiled, drained, without salt	2.00
11485	Squash, winter, butternut, raw	2.00
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	2.00
11234	Kale, cooked, boiled, drained, without salt	2.00
11310	Peas, green, canned, seasoned, solids and liquids	2.00
11711	Balsam-pear (bitter melon), pods, cooked, boiled, drained, with salt	2.00
11789	Jute, potherb, cooked, boiled, drained, with salt	2.00
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	1.90
11943	Pimento, canned	1.90
11874	Sweet potato leaves, cooked, steamed, with salt	1.90
11056	Beans, snap, green, canned, regular pack, drained solids	1.90
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	1.90
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	1.90
31025	Sweet Potato puffs, frozen, unprepared	1.90
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	1.90
11023	Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, without salt	1.90
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	1.90
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	1.90
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	1.90
11954	Tomatillos, raw	1.90
11693	Tomatoes, crushed, canned	1.90
11372	Potatoes, scalloped, home-prepared with butter	1.90
11729	Beans, snap, green, canned, no salt added, drained solids	1.90
11531	Tomatoes, red, ripe, canned, packed in tomato juice	1.90
11710	Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, with salt	1.90
11844	Potatoes, scalloped, home-prepared with margarine	1.90
11018	Asparagus, frozen, unprepared	1.90
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	1.90

NDB_No	Description	Fiber, total dietary(g) Value Per
31036	Potatoes, mashed, ready-to-eat	1.90
11001	Alfalfa seeds, sprouted, raw	1.90
11547	Tomato products, canned, puree, without salt added	1.90
11110	Cabbage, cooked, boiled, drained, without salt	1.90
11506	Sweet potato leaves, cooked, steamed, without salt	1.90
11888	Tomato products, canned, puree, with salt added	1.90
11751	Cabbage, common, cooked, boiled, drained, with salt	1.90
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	1.90
31021	Potatoes, hash brown, refrigerated, unprepared	1.80
11877	Sweet potato, frozen, cooked, baked, with salt	1.80
11358	Potatoes, red, flesh and skin, baked	1.80
11517	Sweet potato, frozen, cooked, baked, without salt	1.80
11512	Sweet potato, canned, vacuum pack	1.80
11263	Mushrooms, white, stir-fried	1.80
11292	Onions, young green, tops only	1.80
11134	Cassava, raw	1.80
11105	Burdock root, cooked, boiled, drained, without salt	1.80
11339	Peppers, sweet, green, sauteed	1.80
11365	Potatoes, boiled, cooked in skin, flesh, without salt	1.80
11564	Turnips, raw	1.80
11043	Mung beans, mature seeds, sprouted, raw	1.80
11246	Leeks, (bulb and lower leaf-portion), raw	1.80
11843	Potatoes, au gratin, home-prepared from recipe using margarine	1.80
11851	Rutabagas, cooked, boiled, drained, with salt	1.80
11287	Onions, frozen, chopped, unprepared	1.80
11553	Tomato products, canned, sauce, with onions	1.80
11373	Potatoes, au gratin, home-prepared from recipe using butter	1.80
11295	Onion rings, breaded, par fried, frozen, unprepared	1.80
11141	Celeriac, raw	1.80
11758	Carrots, canned, no salt added, solids and liquids	1.80
11436	Rutabagas, cooked, boiled, drained, without salt	1.80
11367	Potatoes, boiled, cooked without skin, flesh, without salt	1.80
11566	Turnips, frozen, unprepared	1.80
11921	Peppers, sweet, red, sauteed	1.80
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	1.80
11126	Carrots, canned, regular pack, solids and liquids	1.80

NDB_No	Description	Fiber, total dietary(g) Value Per
11747	Burdock root, cooked, boiled, drained, with salt	1.80
11084	Beets, canned, drained solids	1.80
11333	Peppers, sweet, green, raw	1.70
11149	Chayote, fruit, raw	1.70
11282	Onions, raw	1.70
11355	Potatoes, red, flesh and skin, raw	1.70
11145	Celtuce, raw	1.70
11622	Kale, scotch, raw	1.70
11570	Turnip greens, canned, solids and liquids	1.70
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	1.70
11289	Onions, frozen, whole, unprepared	1.70
11286	Onions, yellow, sauteed	1.70
11980	Peppers, chili, green, canned	1.70
11514	Sweet potato, canned, mashed	1.70
11350	Pokeberry shoots, (poke), raw	1.70
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	1.70
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	1.70
11660	Tomatoes, red, ripe, cooked, stewed	1.70
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.70
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	1.70
11516	Sweet potato, frozen, unprepared	1.70
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.70
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	1.70
11959	Arugula, raw	1.60
11917	Peppers, sweet, red, frozen, chopped, unprepared	1.60
11122	Cardoon, raw	1.60
11118	Cabbage, kimchi	1.60
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	1.60
11850	Radishes, oriental, cooked, boiled, drained, with salt	1.60
11459	Spinach, canned, regular pack, solids and liquids	1.60
11709	Asparagus, frozen, cooked, boiled, drained, with salt	1.60
11429	Radishes, raw	1.60
11015	Asparagus, canned, drained solids	1.60
11764	Celery, cooked, boiled, drained, with salt	1.60
11147	Chard, swiss, raw	1.60
11143	Celery, raw	1.60

NDB_No	Description	Fiber, total dietary(g) Value Per
11430	Radishes, oriental, raw	1.60
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	1.60
11144	Celery, cooked, boiled, drained, without salt	1.60
11226	Jerusalem-artichokes, raw	1.60
11337	Peppers, sweet, green, frozen, chopped, unprepared	1.60
11431	Radishes, oriental, cooked, boiled, drained, without salt	1.60
11019	Asparagus, frozen, cooked, boiled, drained, without salt	1.60
11549	Tomato products, canned, sauce	1.50
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	1.50
11759	Carrots, canned, no salt added, drained solids	1.50
11276	New Zealand spinach, raw	1.50
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	1.50
11154	Chicory roots, raw	1.50
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	1.50
11128	Carrots, canned, regular pack, drained solids	1.50
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	1.50
11944	Pickle relish, hot dog	1.50
43217	Tomato sauce, canned, no salt added	1.50
11551	Tomato products, canned, sauce, with mushrooms	1.50
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	1.50
11934	Potatoes, mashed, home-prepared, whole milk and butter added	1.50
11643	Squash, winter, all varieties, raw	1.50
11670	Peppers, hot chili, green, raw	1.50
11726	Beans, snap, green, canned, no salt added, solids and liquids	1.50
11363	Potatoes, baked, flesh, without salt	1.50
11819	Peppers, hot chili, red, raw	1.50
11657	Potatoes, mashed, home-prepared, whole milk added	1.50
11492	Squash, winter, spaghetti, raw	1.50
11991	Yautia (tannier), raw	1.50
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.50
11829	Potatoes, baked, flesh, with salt	1.50
11054	Beans, snap, green, canned, regular pack, solids and liquids	1.50
11482	Squash, winter, acorn, raw	1.50
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	1.50
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	1.40
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.40

NDB_No	Description	Fiber, total dietary(g) Value Per
11374	Potatoes, canned, solids and liquids	1.40
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	1.40
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	1.40
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	1.40
11637	Radishes, white icicle, raw	1.40
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	1.40
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	1.40
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	1.40
11283	Onions, cooked, boiled, drained, without salt	1.40
11277	New Zealand spinach, cooked, boiled, drained, without salt	1.40
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	1.40
11805	Onions, cooked, boiled, drained, with salt	1.40
11559	Tomato products, canned, sauce, with tomato tidbits	1.40
11802	New zealand spinach, cooked, boiled, drained, with salt	1.40
11649	Tomato products, canned, sauce, spanish style	1.40
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.40
11028	Bamboo shoots, canned, drained solids	1.40
11390	Potatoes, hash brown, frozen, plain, unprepared	1.40
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	1.30
11933	Beans, snap, yellow, canned, no salt added, drained solids	1.30
11414	Potato salad, home-prepared	1.30
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.30
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	1.30
11697	Arrowroot, raw	1.30
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	1.30
11444	Seaweed, irishmoss, raw	1.30
11353	Potatoes, russet, flesh and skin, raw	1.30
11487	Squash, winter, butternut, frozen, unprepared	1.30
43387	Turnip greens, canned, no salt added	1.30
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	1.30
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	1.30
11445	Seaweed, kelp, raw	1.30
11265	Mushrooms, portabella, raw	1.30
11932	Beans, snap, yellow, canned, regular pack, drained solids	1.30
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	1.30
11253	Lettuce, green leaf, raw	1.30

NDB_No	Description	Fiber, total dietary(g) Value Per
11285	Onions, canned, solids and liquids	1.20
11400	Potatoes, frozen, whole, unprepared	1.20
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	1.20
11475	Squash, summer, scallop, raw	1.20
11142	Celeriac, cooked, boiled, drained, without salt	1.20
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	1.20
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	1.20
11174	Corn, sweet, yellow, canned, cream style, regular pack	1.20
11656	Corn pudding, home prepared	1.20
11119	Cabbage, chinese (pe-tsai), raw	1.20
11623	Kale, scotch, cooked, boiled, drained, without salt	1.20
11735	Beets, canned, no salt added, solids and liquids	1.20
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	1.20
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	1.20
11906	Corn, sweet, white, canned, cream style, regular pack	1.20
11335	Peppers, sweet, green, canned, solids and liquids	1.20
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	1.20
11252	Lettuce, iceberg (includes crisphead types), raw	1.20
11082	Beets, canned, regular pack, solids and liquids	1.20
11916	Peppers, sweet, red, canned, solids and liquids	1.20
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	1.20
11941	Pickles, cucumber, sour	1.20
11907	Corn, sweet, white, canned, cream style, no salt added	1.20
11772	Corn, sweet, yellow, canned, cream style, no salt added	1.20
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	1.20
11529	Tomatoes, red, ripe, raw, year round average	1.20
11946	Pickles, cucumber, sour, low sodium	1.20
11452	Soybeans, mature seeds, sprouted, raw	1.10
11953	Squash, zucchini, baby, raw	1.10
11220	Gourd, dishcloth (towelgourd), raw	1.10
11242	Kohlrabi, cooked, boiled, drained, without salt	1.10
11203	Cress, garden, raw	1.10
11423	Pumpkin, cooked, boiled, drained, without salt	1.10
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	1.10
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	1.10
11527	Tomatoes, green, raw	1.10

NDB_No	Description	Fiber, total dietary(g) Value Per
11945	Pickle relish, sweet	1.10
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	1.10
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	1.10
11641	Squash, summer, all varieties, raw	1.10
11793	Kohlrabi, cooked, boiled, drained, with salt	1.10
11250	Lettuce, butterhead (includes boston and bibb types), raw	1.10
11845	Pumpkin, cooked, boiled, drained, with salt	1.10
11013	Asparagus, canned, regular pack, solids and liquids	1.00
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.00
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	1.00
11712	Bamboo shoots, cooked, boiled, drained, with salt	1.00
11947	Pickles, cucumber, dill, reduced sodium	1.00
11937	Pickles, cucumber, dill or kosher dill	1.00
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	1.00
11116	Cabbage, chinese (pak-choi), raw	1.00
11027	Bamboo shoots, cooked, boiled, drained, without salt	1.00
11467	Squash, summer, crookneck and straightneck, raw	1.00
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	1.00
11260	Mushrooms, white, raw	1.00
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	1.00
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.00
11981	Peppers, hungarian, raw	1.00
11477	Squash, summer, zucchini, includes skin, raw	1.00
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.00
11938	Mushroom, white, exposed to ultraviolet light, raw	1.00
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	1.00
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.00
11533	Tomatoes, red, ripe, canned, stewed	1.00
11707	Asparagus, canned, no salt added, solids and liquids	1.00
11417	Pumpkin flowers, cooked, boiled, drained, without salt	0.90
11951	Peppers, sweet, yellow, raw	0.90
11294	Onions, sweet, raw	0.90
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0.90
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	0.90
11695	Tomatoes, orange, raw	0.90
11952	Radicchio, raw	0.90

NDB_No	Description	Fiber, total dietary(g) Value Per
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	0.90
11257	Lettuce, red leaf, raw	0.90
31002	CAMPBELL'S, Tomato juice, low sodium	0.80
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.80
11655	Carrot juice, canned	0.80
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	0.80
31008	CAMPBELL'S, V8 100% Vegetable Juice	0.80
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	0.80
43365	Tomato and vegetable juice, low sodium	0.80
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	0.80
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0.80
11453	Soybeans, mature seeds, sprouted, cooked, steamed	0.80
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0.80
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	0.80
11609	Beets, pickled, canned, solids and liquids	0.80
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	0.80
31006	CAMPBELL'S, Organic Tomato juice	0.80
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.80
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0.80
31001	CAMPBELL'S, Tomato juice	0.80
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.80
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	0.80
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	0.80
31007	HEALTHY REQUEST Tomato juice	0.80
11658	Spinach souffle	0.70
11696	Tomatoes, yellow, raw	0.70
11530	Tomatoes, red, ripe, cooked	0.70
11206	Cucumber, peeled, raw	0.70
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0.70
11204	Cress, garden, cooked, boiled, drained, without salt	0.70
11781	Cress, garden, cooked, boiled, drained, with salt	0.70
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0.70
11884	Tomatoes, red, ripe, cooked, with salt	0.70
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0.60
11266	Mushrooms, brown, italian, or crimini, raw	0.60
11205	Cucumber, with peel, raw	0.50

NDB_No	Description	Fiber, total dietary(g) Value Per
11422	Pumpkin, raw	0.50
11442	Seaweed, agar, raw	0.50
11669	Seaweed, wakame, raw	0.50
11591	Watercress, raw	0.50
11585	Vegetable juice cocktail, low sodium, canned	0.50
11218	Gourd, white-flowered (calabash), raw	0.50
11578	Vegetable juice cocktail, canned	0.50
11349	Poi	0.40
11540	Tomato juice, canned, with salt added	0.40
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	0.40
11886	Tomato juice, canned, without salt added	0.40
11446	Seaweed, laver, raw	0.30
11935	Catsup	0.30
11949	Catsup, low sodium	0.30